Guides

Six-week virtual programme plan - example

Here’s an example six-week programme virtual plan for your Guide meetings.

We’ve included activity and programme suggestions for virtual meetings.

Where possible we’ve included programme activities that you can find on [Adventures at home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/), but you should use the programme resources you have available as well.

Check out our [adaptation suggestions](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/planning-your-programme/adapting-programme-activities/) on our website across a range of programme activities to help you work out how to adapt activities for your unit meeting space.

These examples are suggestions only. If you’re using a digital platform that puts a time limit on calls, you might need to edit, amend or delete some information to make the plan relevant to your unit.

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| **Things to do before starting a virtual meeting** |
| [ ] [Receive consent forms from all girls](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/)[ ] [Check your meeting meets safeguarding rules](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/) – for example, the right number of adults[ ] Send out the meeting link for girls to join in[ ] Decide on a platform that will work best for you and your unit. Check the terms and conditions, including age requirements, as many are changing their features regularly.[ ] Discuss the plans with your leadership team, and decide who’ll lead each part of the meeting. Also think about who will monitor the chat function and waiting room.[ ] Make sure you’re in [a suitable space](https://www.girlguiding.org.uk/making-guiding-happen/policies/digital-safeguarding-policy/digital-safeguarding-procedures/), and that your internet connection, sound and video work |

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| Week commencing | Activities planned | Time | Themes covered |
| Week 1\_\_/\_\_/\_\_ | **Welcome**Spend some time welcoming girls back.Create some meeting rules with the girls. For example, try not to speak over each other. Make sure the girls know how to use your online platform.Speak to the girls about how Guides is going to run over the next term and what they can expect. | 10 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Ice breaker** **or wind down:**[Are you up for the challenge?](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game.**Main activity:**[Prepare to be amazed](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/activity-videos/) unit meeting activity video, Express Myself | 5 mins20 mins |
| **Wrap up**[Snakes and ladders](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game.Show girls a [challenge](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/monthly-challenge-and-activities/) from Adventures at Home and challenge them to complete at home and share at the next unit meeting. ORGirls choose which programme theme or activities want to do next week. You could give them a choice, or they could come up with their own activities. | 10 mins |
| Week 2\_\_/\_\_/\_\_ | **Welcome**Interest badge discussion. Who’s working on or about to start which badges?OrGirls feedback on their challenge progress. | 10 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Ice breaker or wind down:**[Guess who](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game**Main activity:**[No doubts](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/guides_no-doubt.pdf) magazine unit meeting activity, Be Well. | 10 mins15 mins |
| **Wrap up**[Knife, fork and spoon](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game.Girls choose which skills builders they want to do next week. More than one skills builder can be run at a time. | 10 mins10mins |
| Week 3\_\_/\_\_/\_\_ | **Welcome**Allow girls to catch up with each other.**OR**[20 questions](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game. | 10 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Main activity:**Skills builder time - All skills builder activity packs can be bought from the Girlguiding shop. Example Guide skills builder activities for virtual meetings:* **Ray of light** – Explore stage 3, Have Adventures. Adaptation: For the game, girls should call out girl’s names, rather than point and at step 6, girls can create a sun safety piece individually.
* **Camp fire playlist -** Camp stage 4, Have Adventures. Adaptation: Create a playlist as a unit, instead of groups, or you could use virtual breakout rooms.
* **Sign it, spell it** – Communicate stage 3, Express Myself. Adaptation: Instead of signing in pairs, ask girls individually to sign.
* **Exploring emoji’s** – Communicate stage 3, Express Myself. Adaptation: You could ask half of the girls to close their eyes when giving the emoji’s and meanings out, and in step 7 girls can use thumbs up and down.
 | 45 mins30 mins45 mins30 mins |
| **Wrap up**[Pass the pen](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game. | 5 mins |
| Week 4\_\_/\_\_/\_\_ | **Welcome**What’s been the highlight of girls’ weeks? | 10 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Ice breaker or wind down:** [Dance party](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.**Main activity:**[Solar simulation](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/activity-videos/)unit meeting activity video, Have Adventures. | 10 mins20 mins |
| **Wrap up**[Was it a bird… was it a plane?](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual gameAre there any new girls that are ready to take their Promise? Ask girls to think how they want to do their take Promise. Girls can use the Guide Promise challenge on [Adventures at Home.](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/monthly-challenge-and-activities/) | 5 mins10 mins |
| Week 5\_\_/\_\_/\_\_ | **Welcome**Get girls energised by moving, jumping and shaking their body. | 5 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Ice breaker or wind down:** [Sounds in the round](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game.**Main activity:**[Can’t believe it’s butter](https://www.youtube.com/watch?v=FObIHusG7Zo) unit meeting activity video, Skills For My FutureOr Plan a Promise party for next week for any new girls taking their Promise. | 10 mins30-45 minsDepends on plans |
| **Wrap up**[Guides game off](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/virtual-games/) virtual game. | 5 mins |
| Week 6\_\_/\_\_/\_\_ | **Throw your planned Promise party** New girls who are ready take their Promise and are awarded the badge.Any interest badges, skills builder stages or awards the girls have earned so far are presented and their achievement is celebrated by everyone. | Depends on plans | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |